

January is National Oatmeal Month

Oatmeal is a whole grain that can be a delicious, warm way to add whole grains to your eating patterns during the cold winter season. Oats are full of important nutrients like vitamins B and E, calcium, magnesium, and zinc. This grain contains beta-glucan, a special kind of fiber, found to be especially effective in lowering cholesterol and insoluble dietary fiber, which has anticancer properties. Best of all, oats, like most other whole grains, can help us maintain a healthy weight.

Overnight Oatmeal

Serves: 1

Fruits and Vegetables: ¾ cup per serving

Ingredients

- ½ cup dry rolled oats
- 1 cup water
- ½ cup banana, sliced
- ½ cup apple, chopped (with skin on)
- ½ teaspoon cinnamon



Directions

1. Wash and prepare fresh fruit.
2. Combine all ingredients in a microwave-safe bowl, mix and cover.
3. Let bowl sit in the refrigerator overnight.
4. In the morning, cook in microwave on high for 1 minute. Or, oatmeal can be eaten cold.

Tips

- Serve with a little milk and a drizzle of maple syrup.
- Use milk, soy milk or almond milk instead of water.
- Try different fruits such as peaches, berries, or pineapple.

Nutrition Facts

Serving size: 1 bowl (about 2 cups) **Calories:** 250 **Carbohydrates:** 54 g
Fiber: 8 g **Fat:** 3.5 g **Saturated fat:** 0.5 **Sodium:** 10 mg

Source

Adapted from <https://whatscooking.fns.usda.gov/>